|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| FRIDAY 12 & Under Course- Shallow End | | | | | | | | | |
| 6:40-  7:20am | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | |
| GATR | GATR | GATR | CCA | CCA | CCA | BASS | LY | |
|  |  |  |  |  |  |  |  |  | |
| 7:20-  8:00am | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | |
| HOKI | HOKI | HOKI | SMAC | SMAC | CYAC | STRM | BRAC | |
|  |  |  |  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Warmup Pool ( Between the two courses) | | | | |  |  | **SPECIFIC WARM UP FROM 8:00AM-8:20AM**  **LANES 1 & 8 in competition pools will be pace**  **Lanes 2,3,6,7 in competition pools will be dive**  **Lanes 4,5 in comp pools and all lanes in warm up pool will be circle swim**  **COMPETITION BEGINS AT 8:30AM** |
| 6:40-  7:20am | 1 | 2 | 3 | 4 | 5 | 6 |
| LY | LY | BASS  & | BASS | SCAT | LASO |
|  |  |  |  |  |  |  |
| 7:20-  8:00am | 1 | 2 | 3 | 4 | 5 | 6 |
| HOKI | HOKI | HOKI | CYAC | CAST | OPEN |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| FRIDAY 13 & Over Course- Deep End | | | | | | | | |
| 6:40-  7:20am | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| CCA | CCA | CCA | GATR | GATR | GATR | GATR | LASO |
|  |  |  |  |  |  |  |  |  |
| 7:20-  8:00am | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| QSTS | QSTS | QSTS | QSTS | QSTS | QSTS | SMAC | SMAC |

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| SATURDAY 12 & Under Course- Shallow End | | | | | | | | | |
| 6:40-  7:20am | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | |
| GATR | GATR | GATR | GATR | GATR | LY | LY | LY | |
|  |  |  |  |  |  |  |  |  | |
| 7:20-  8:00am | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | |
| HOKI | HOKI | HOKI | HOKI | CYAC | CYAC | STRM  CAST | LASO | |
|  |  |  |  |  |  |  |  |  |

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| --- | --- | --- | --- | --- | --- | --- | --- |
| Warmup Pool ( Between the two courses) | | | | |  |  | **SPECIFIC WARM UP FROM 8:00AM-8:20AM**  **LANES 1 & 8 in competition pools will be pace**  **Lanes 2,3,6,7 in competition pools will be dive**  **Lanes 4,5 in comp pools and all lanes in warm up pool will be circle swim**  **COMPETITION BEGINS AT 8:30AM** |
| 6:40-  7:20am | 1 | 2 | 3 | 4 | 5 | 6 |
| GATR | CCA | CCA | CCA | CCA | CCA |
|  |  |  |  |  |  |  |
| 7:20-  8:00am | 1 | 2 | 3 | 4 | 5 | 6 |
| SMAC | SMAC | SMAC | BASS | BASS | BASS |

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| SATURDAY 13 & Over Course- Deep End | | | | | | | | |
| 6:40-  7:20am | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| QSTS | QSTS | QSTS | QSTS | QSTS | GATR | GATR | GATR |
|  |  |  |  |  |  |  |  |  |
| 7:20-  8:00am | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| HOKI | HOKI | LASO | SMAC | CYAC | FUAC | SCAT | BRAC  ACST |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| SUNDAY 12 & Under Course- Shallow End | | | | | | | | | |
| 6:40-  7:20am | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | |
| CCA | CCA | CCA | HOKI | HOKI | HOKI | HOKI | BASS | |
|  |  |  |  |  |  |  |  |  | |
| 7:20-  8:00am | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | |
| GATR | GATR | GATR | GATR | LASO | CYAC | CYAC | SCAT  BRAC | |
|  |  |  |  |  |  |  |  |  |

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| --- | --- | --- | --- | --- | --- | --- | --- |
| Warmup Pool ( Between the two courses) | | | | |  |  | **SPECIFIC WARM UP FROM 8:00AM-8:20AM**  **LANES 1 & 8 in competition pools will be pace**  **Lanes 2,3,6,7 in competition pools will be dive**  **Lanes 4,5 in comp pools and all lanes in warm up pool will be circle swim**  **COMPETITION BEGINS AT 8:30AM** |
| 6:40-  7:20am | 1 | 2 | 3 | 4 | 5 | 6 |
| LY | LY | LY | CCA | CCA | CCA |
|  |  |  |  |  |  |  |
| 7:20-  8:00am | 1 | 2 | 3 | 4 | 5 | 6 |
| SMAC | SMAC | SMAC | ACST | STRM | CAST |

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| SUNDAY 13 & Over Course- Deep End | | | | | | | | |
| 6:40-  7:20am | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| HOKI | HOKI | BASS | QSTS | QSTS | QSTS | QSTS | QSTS |
|  |  |  |  |  |  |  |  |  |
| 7:20-  8:00am | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| GATR | GATR | GATR | GATR | SMAC | SMAC | CYAC | FUAC |